

# Natural Rearing Newsletter ©

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## FOR THOSE THAT CHOOSE TO THINK FOR THEMSELVES

From The Desk Of: MARINA ZACHARIAS

### VACCINATION UPDATE ONE SMALL STEP FOR PETS

Three Cheers for the orthodox veterinary community! Finally, finally, finally--changes are being made. They are still a long way from "home" but at least we are starting to see the first small step. What makes me say this? I quote:

"From the Colorado State University School of Veterinary Medicine:

A recent survey by one of the largest vaccine manufacturers (Pfizer) of small animal vaccination practices found **1,700 different vaccination recommendations** for dogs and cats from veterinarians across the US. (Ed note--bold font is mine).

In January 1998 the CSU Veterinary Teaching Hospital will be offering its clients one additional vaccination program. We are making this change after years of concern about the lack of scientific evidence to support the current practice of annual vaccination and the increasing documentation that **over-vaccinating has been associated with harmful side effects**. Of particular note in this regard has been the association of autoimmune hemolytic anemia with vaccination in dogs and vaccine-associated sarcomas in cats, both of which **are often fatal**.

Boosters, the annual revaccination recommendation on the vaccine label is just that...a RECOMMENDATION, and is not a legal requirement except for Rabies.

The only commonly used vaccine that requires duration of immunity studies be carried out before licensure in the US is Rabies. **Even with Rabies vaccines, the label may be misleading in that a 3 year duration of immunity product may also be labeled and sold as a one year duration of immunity product.**

Based on the concern that annual vaccination of small animals for many infectious agents is probably no longer scientifically justified, and our desire to avoid vaccine (1)

associated adverse events, in January of 1998 we will be recommending a new immunization protocol to our small animal clients.

This program recommends the standard 3 shot series for puppies (parvovirus, adenovirus 2, parainfluenza, distemper), and kittens (panleukopenia, rhinotracheitis, calicivirus) to include rabies after 12 weeks of age in cats and 16 weeks of age in dogs.

Following the initial puppy and kitten immunization series, cats and dogs will be boosted one year later and then every **3 years** thereafter for all the above diseases.

Similar programs to this one have been recently adopted by the University of Wisconsin, Texas A & M and the American Association of Feline Practitioners.

Other available small animal vaccines may need more frequent administration (Bordetella, Feline Leukemia, Lyme, etc.) and may be recommended for client animals on an "at risk" basis.

Recent studies clearly indicate that not all vaccines perform equally and some vaccine products may not be suitable for such a program."

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So the first crack in the dam is starting to leak a little water. I would like to know what "scientific studies" have been done to determine that the 3 year booster is necessary! Have they never heard of titer testing?

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# COMPARING HOLISTIC AND CONVENTIONAL VACCINATION

By: Dr. John Fudens, D.V.M.

*(Again, our thanks to Dr. Fudens for allowing us to reprint this article)*

Holistic Vaccination uses homeopathic nosodes of increasing potency or strength. Nosodes are homeopathic remedies made from infective organisms.

The potencies used in the vaccination series do not use any physical substance of the organisms, like conventional vaccines, only the energy pattern of the organisms. This insures that no harm is done to the body and immune system from viruses and bacteria being injected into the body.

The immune system recognizes the energy pattern of the organism as being the same as the organism and so produces antibodies against the disease. This causes us to be protected against the particular germs if we contact them later. The entire immune system is stimulated into action when the first dose of vaccine is given by mouth. The remedies are dissolved in a mixture of distilled water and alcohol and the dosage depends on the size of the animal. Holistic vaccinations give the human/animal the best of both worlds.

The following information will, in greater detail, compare and contrast holistic and conventional vaccination.

## Conventional Vaccination

The basic principle behind vaccination is to stimulate the body's immune system to produce antibodies against the particular infection, be it bacteria or virus, without causing the disease itself. Conventional vaccination uses the virus or bacteria either in a killed or modified live form (changed so as not to produce the disease condition). The vaccine is usually injected into the muscle, under the skin or in a few cases, put into the nostrils to be absorbed through the respiratory system.

When the vaccine is injected into the muscle or under the skin, an unnatural route is being used that causes problems for the body's immune system. After all, a dog or cat doesn't naturally develop distemper by being injected with the distemper virus. The diseases enter the body through the digestive or respiratory system.

Advantage:

- It works

Disadvantages:

- Has to be injected into the body which is painful and an unnatural way for the body to contract the disease.
  - Has to be given by a licensed professional who has control, rather than the individual receiving the vaccination
  - Expensive
  - The vaccine contains antibiotics to protect the viruses from contamination
- (2)

- The vaccine contains chemicals to carry the viruses into the body
- Both antibiotics and chemicals are foreign to the body, not needed for immunity to develop, and cause the immune system to work harder in eliminating these substances, thus weakening the immune system
- Depend on physical substances to stimulate the immune system
- As a source of income to the medical practitioner, they are given too frequently, whether the body really needs them or not
- Government bureaucratic agencies are involved in telling us what vaccines are needed, how often they should be given, where they should be injected, etc., all without concrete proof that these people in government know more about what should be done to protect us from disease than we know ourselves. Witness the control over rabies vaccinations for dogs and cats with a three-year vaccine that is given every year.

**Holistic Vaccinations** use the energy pattern of the particular bacteria or virus to stimulate the immune system.

Advantages:

- Cheaper than conventional vaccines
- Given by the person taking the vaccine or the owner of the particular pet
- Given by mouth in a water solution so no pain and by the route by which most infections are contracted by the individual
- No antibiotics or chemicals are used
- No physical bacteria/virus particles are used; only the energy of these particles
- The immune system is not damaged or weakened in any way
- A far older system of protection against diseases which has been used around the world for hundreds of years
- Only used for as long as needed and not under the influence of licensing agencies or the medical establishment

Disadvantage:

- Not recognized by government agencies or the medical establishment in the U.S.A.



Hmmm. Seems to be a slight difference of opinion between the Colorado State "new" program and the points made by Dr. Fudens.

Looks like the orthodox community is only willing to lightly trim some small branches from the vaccination "money tree" rather than letting us decide for ourselves what method of immunization we choose for our animals.

## MOSQUITOES BUGGIN' YOU?

With all the screwy weather around the country from El Nino, mosquitoes are unusually heavy this year. Pet owners in heartworm areas need to be more concerned than normal. Here are a few natural approaches to help minimize the problem.

Spraying the air with diazinon or Dursban, etc. to try to kill adult mosquitoes is an exercise in futility other than making the chemical companies a little richer. Controlling these miserable little zingers is done by treating the water in a way that kills the young swimming mosquitoes without contaminating the water.

*Bacillus thuringiensis israelensis* (Bti) is a good store-bought product that is available in most nurseries feed stores and hardware stores. It comes in little doughnut shapes that you toss in standing water to kill mosquito larvae without hurting fish, plants or other aquatic life. Some organic gardeners have used instant coffee, tea and even garlic oil as a surface treatment for standing water.

Around the house, several "traditional" repellents are used in many parts of the country with various levels of success. Candles containing citronella repel mosquitoes fairly well. You may also want to try burning rosemary, sage, or other bitter herbs after sprinkling the dried leaves with paraffin.

Rather than using a toxic chemical spray for the grounds, dog runs, etc. you may want to mix up a batch of "Garlic spray" for yourself. It seems to do just as good a job as the commercial stuff.

Throw a handful of garlic cloves into a 5-gallon bucket and mash the cloves to a fine consistency. Fill the bucket with water. Cover the bucket with clear plastic and leave it in the sun for one day. (Don't leave it for more than that--you don't want it to start to ferment). After the garlic and water have sat in the full sun for a day, pour the liquid through a strainer to get rid of the solids.

Use about 1/3 gallon of the garlic concentrate in a gallon of water for spraying. You can safely use this around doorframes, windows, etc. Spray your lawn or garden prior to a party or cook out. Don't worry about contamination, garlic is actually beneficial to the soil and plants. If you prefer not to use garlic, you can make the same kind of a sun-brew using comfrey.

If you are looking for the ultimate mosquito repellent you may want to prepare Juliette de Bairacli Levy's formula. In today's fast paced society, this may seem like a lot of work but you must remember that this master herbalist has traveled the world for decades, been faced with all kinds of biting insects, and totally relies on this formula to protect her wherever she goes. (For the full text of this preparation refer to her book "Traveler's Joy" pages 125 to 129). In her words:

"Fresh or dried herbs can be used. Wormwood two handfuls, rue one handful, rosemary a half handful. If the herbs are in a very dry state smaller quantities can be used. Pound up the herbs to near powder form, after first finely cutting with scissors. A mortar and pestle is the best method for pounding herbs finely. When the herbs are fine enough, pour into a wide-necked one-quart glass jar. Then fill, almost to the top, with a thin oil such as sunflower or corn. Finally add one tablespoon of natural vinegar (the vinegar is used to break down the cellulose of the herbs).

Close the jar tightly and place in sunlight for sun infusion.....During the sun infusion the jar should be shaken well morning and night so that the oil soaks completely into the herbs....Maturity usually takes about one month in temperate climates; in hot climates where the oil heats up very strongly, less time is required. When ready the clear upper oil can be poured off into smaller bottles. The test for readiness of the repellent is its bitterness--this should be intense.

The matured oil requires two further additions to enable it to become a truly excellent repellent. Into each bottle of approximately three and one-half ounces, is added half a teaspoon of spirit of oil of eucalyptus and one teaspoon of a heavy oil, almond. The latter makes the repellent heavier and prevents speedy evaporation from the skin.

This herbal repellent acts entirely on the principle of deep skin penetration and intense bitterness. No biting insect wants to taste such unpleasant bitterness. Otherwise it has quite a pleasant aroma and is so deeply cleansing when applied to the skin, and so highly tonic, that many women use it as a facial treatment instead of the purpose for which it is intended. Children like this herbal oil and readily accept its use on their faces and hands."

She does go on to other things she has used: lemon juice and crushed garlic; crushed bitter herbs such as wormwood, southernwood, rue, centaury and fumitory; and of course lemon-grass (citronella). Then comes the oddball stuff like: Bedouins apply camel urine; Portugal country people use a very strong brew of potato skins (turnip skins also work).

We live in a heavily wooded area and the mosquitoes can be very heavy. I've found that diluting some "Cloud Nine Herbal Dip" in a spray bottle and using this on the dogs and ourselves, we can usually go for our regular walks without being bothered.

Internally, I recommend using Black Walnut tincture along with the regular supplement of NR Herbal Compound. during mosquito season. The herbal properties pass through the blood stream making the blood very bitter. Mosquitoes, fleas, and ticks alike do not like to bite when these herbs are used.

There are several other repellents that we have mentioned before (eg. Skin So Soft, etc.) so you don't have to rely on harsh chemicals to get the job done.

## BOVINE COLOSTRUM

Every breeder knows that colostrum is the mammary secretion a mammal provides its newborn within the first 24 to 48 hours. It contains numerous immune system and growth factors as well as essential nutrients, trypsin, and protease inhibitors that protect it from destruction in the GI tract. It is estimated that colostrum triggers at least 50 processes in the newborn. Infants receive valuable assistance from their mothers breast milk to combat infection and disease during the critical neonatal period when their immune systems are not yet fully functional.

Bovine colostrum is biologically transferable to all mammals, including humans. Historically, Ayurvedic physicians in India have used bovine colostrum therapeutically for thousands of years. Prior to the introduction of sulfa drugs and penicillin, it was used for antibiotic purposes by conventional doctors throughout the world. Studies indicate that all species benefit from the immune boosting properties of bovine colostrum, with no reports of allergic or anaphylactic reactions to date. The past 20 years has also witnessed the publication of over 2,000 research papers that strongly support both colostrum and its numerous components.

While colostrum contains a myriad of biologically active molecules, they can basically be broken down into two major categories: immune system factors and growth factors. One component in particular, "lactoferrin", has recently received extensive attention from research scientists, health practitioners, and the general public.

A strong case can be made for lactoferrins central role in the immune system. The biological actions of lactoferrin under various experimental conditions are wide ranging and include: inhibition of the survival or growth of many different pathogenic organisms; activation and stimulation of a variety of immune system cells; regulation of normal cell growth; and inhibition of abnormal tumor growth and spread of cancer cells in laboratory animals.

Concentrations of lactoferrin are capable of killing or inhibiting the growth of a wide spectrum of infectious organisms including bacteria, viruses, parasites and fungi. With respect to cancer, lactoferrin has been shown to inhibit the growth of some solid tumors and inhibit experimental metastasis (spread of cancer cells) in laboratory mice.

Several possibilities have been described for how lactoferrin carries out its anticancer effects. Japanese researchers have speculated that lactoferrin's iron-binding capacity may be involved in the anticancer mechanism. Others think lactoferrin acts directly on the cancer cells themselves (as suggested by demonstrations that human lactoferrin binds to cell receptors on the surface of certain cancer cells). Still other evidence suggests that lactoferrin acts indirectly through stimulation of the killer T-lymphocytes, which then attack the cancer cells. Lactoferrin also appears to suppress tumor-induced angiogenesis (blood vessel formation). Although the exact method of action has not yet been pinpointed, the results of studies in the last few years have shown great promise and

further research is being encouraged by the National Institutes of Health.

Amongst the many, many beneficial components of colostrum, the immunoglobulins (A, D, E, G, and M) are the most abundant. As you know from our previous articles on the immune system, IgG neutralizes toxins and microbes in the lymph and circulatory system. IgM destroys bacteria. IgE and IgD are highly antiviral.

Proline-rich polypeptide (PRP) is another important component. This is a hormone that regulates the thymus gland, stimulating an underactive immune system. It also helps down-regulate an overactive immune system, as seen in autoimmune diseases such as rheumatoid arthritis, allergies, etc. PRP inhibits the overproduction of lymphocytes and T-cells and reduces the major symptoms of allergies and autoimmune disease, namely pain, swelling and inflammation.

Growth factors in colostrum include epithelial growth factor (EgF), insulin-like growth factor-I and II (IGF-I and IGF-II), fibroblast growth factor (FgF), platelet-derived growth factor (PDGF), transforming growth factors A and B (TgA and TgB), and growth hormones (GH).

These all help stimulate cell and tissue growth by stimulating DNA formation. Several studies show that these growth factors are capable of increasing T-cell production, accelerating healing, balancing blood glucose levels, reducing insulin need, increasing muscle and bone growth and repair, and metabolizing fat for fuel.

One of the major benefits of colostrum supplementation is enhanced gut efficiency, due to the many immune enhancers that control clinical and sub-clinical GI infections (Leaky gut syndrome). The growth factors also play a role by keeping the intestinal mucosa sealed and impermeable to toxins. This is evidenced by colostrum's ability to control chronic diarrhea caused by gut inflammation and related dysbiosis.

Healing leaky gut syndrome reduces toxic load and helps reverse many allergic and autoimmune conditions. For the healthy individual, colostrum supplementation enhances the efficiency of the intestine's uptake of amino acid and carbohydrate fuel. More nutrients are made available for muscle cells and other vital tissues and organs.

Drug manufacturers have tried to copy (genetically engineer) and market several of the individual components of colostrum (eg. Interferon, gamma globulin, growth hormone, IgF-I, and protease inhibitors). Currently, biotechnology companies are selling IgF-I for as much as \$800.00 per 50cc vial. No doubt more "breakthrough" drugs will be forthcoming from other individual components of colostrum.

Mother Nature knew what she was doing when she designed colostrum to kick start the newborn. No individual component, engineered or not, will ever replace the power and the beauty of whole, natural colostrum.



## VITAMIN C--BAD NEWS OR HYPE?

I've received a number of concerned inquiries regarding a vitamin C study done in England, where daily doses of 500 mg were found to induce some pro-oxidation. The title of the April 9, 1998, report from Reuters News Service was "High doses of vitamin C may be harmful." The report says, "The benefits of taking high doses of vitamin C as a daily dietary supplement are questionable, and the practice may even be harmful" according to a team of British researchers.

Although it shouldn't surprise me, I'm always amazed at how quickly the press will pounce on any negative story and largely ignore a couple of thousand reports with a positive viewpoint. How else can you explain the prominence placed on a rather obscure report with dubious conclusions making national headlines.

Be that as it may, let's get down to the nitty gritty of this particular study and try to establish a little perspective on what this report really means.

"A dose of 500 mg/day of vitamin C showed both a damaging pro-oxidant as well as a beneficial antioxidant effect on two important markers of molecular damage: 8-oxoguanine (a marker of damage to adenine "A" nucleotides) and 8-oxoadenine (a better-researched marker of damage to guanine "G" nucleotides). Based on this conclusion of the report, the pro-oxidant effects are cited as vindication of one researcher's claims that supplemental vitamin C is bad for us. In other words the results of the study showed offsetting good and bad effects, but only the bad count!

The fact that vitamin C is both a "Pro-oxidant" as well as an "antioxidant" isn't news, but has been known for decades (same as many other molecules found in our body). Not all pro-oxidative activity is bad and not all antioxidant activity is good. It is more a question of balance (which the study ignores).

Of about 20 types of DNA damage that have been documented so far by scientists, this study only measured two types. DNA damage is an incredibly complicated process that is balanced by DNA repair mechanisms. According to estimates, each cell in the body can be expected to suffer approximately 10,000 to 1,000,000 oxidative "hits" per cell day. Thus DNA repair is an extremely robust and vitally important process to consider.

DNA repair enzymes slide along the DNA strand scanning for signs of damage. DNA is composed of A-T and C-G base pairs, which are strung together in a double stranded spiral called a helix. When these repair enzymes find an oxidized adenine (A) or guanine (G) nucleotide, they snip it out and an unoxidized (normal) adenine or guanine is put back in its place. The "snipped out" oxidized adenine and guanine are therefore markers of both DNA damage and DNA that has been repaired.

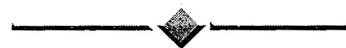
Fundamentally, we are only interested in DNA damage that is not repaired. It is the unrepaired damage that is going to interfere with protein and enzyme function.

The ability of DNA to "sense" free radicals and oxidizing conditions is an essential aspect of our ability to maintain homeostasis (biological stability) and adapt to stress from environmental change. The fact that there may be temporary damage to DNA is a trivial price to pay for enhanced adaptability and increased survival. A normal part of "living" is the damage/repair cycle that is continually going on in the body. It would be a serious mistake to presume that an isolated, out of context, report of specific damage, would have any long-term adverse implications for cells, organisms, animals or people.

There are a couple of other factors that you may want to consider before you draw any conclusions for yourself. Remembering that the report originated from the University of Leicester in the UK, you should also be aware of an article in the London Times that stated, "The government has moved to limit the use of vitamin B6 because of safety concerns. Jeff Rooker, the Food Minister, had already announced that vitamin C was his next target."

Does the Food Minister need a perception of danger to justify his policies? Did the FDA use the e-coli scare in hamburger to justify irradiation of beef? I leave it to you to determine what role, if any, political shenanigans play in the widespread press coverage of this particular report.

I can only conclude that until we know what damage is or is not being repaired, we cannot even begin to predict whether this specific effect of vitamin C on DNA would be expected to be positive or negative. Since there are plenty of studies that show vitamin C to have a significant genome-stabilizing effect overall, I am not reducing my intake of vitamin C or considering any change in what I give my dogs.



## JULIETE LEVY DOCUMENTARY VIDEO NOW AVAILABLE

*"Juliette of the Herbs"* is the title of a just released documentary portrait of Juliette de Bairacli Levy.

This film has been several years in the making and fans around the world have been eagerly awaiting its release. The film records Juliette's extraordinarily colorful life story and her vast wealth of herbal and nature knowledge.

It follows Juliette (now in her 80's) as she moves from her cottage on the Greek island of Kythera to a new home in the Azores. The journey retraces the larger journey of her life by interweaving present day footage of Juliette with archival photographs from her extensive collection.

As Juliette travels through Greece, Switzerland, France, Spain and America, she meets with dear old friends and family. These encounters together with nostalgia of re-visiting places full of memories lead Juliette into vivid reminiscences of her past experiences.

For those of you not familiar with her work, Juliette is probably one of the most unique people alive today. She is a world-renowned herbalist, author, pioneer of holistic veterinary medicine, traveler and anthologist of Gypsy lore. For more than 60 years she has lived with Gypsies, Bedouins and peasant peoples of the world. A passionate herbalist and dedicated healer, she has spent her life learning and passing on the age-old wisdom that these people--the natural herbalists of the world--hold.

I have been privileged to know her and work with her at a seminar (also available on video) and consider her to be the mentor of all of us interested in the natural rearing of our animals. As I have mentioned many times before, her herbal formulations for animals are unsurpassed anywhere in the modern world. I feel honored that she has chosen my company as the exclusive distributor for North America of her NR (natural rearing) herbal products.

The video is priced at \$35.00 plus \$5.50 shipping and I will be carrying it in stock. You're in for a real treat with this film. It will transport you into a world few of us even know exists.



## WART AND TAG END REMOVAL

There are a lot of products on the market that claim to remove warts and other skin related problems. By far the most effective I have ever heard about is a product called "Nevitol" It's a modified trichloroacetic acid.

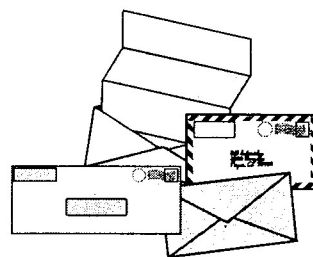
Usually in one treatment (sometimes two) it will remove moles, nevi, papilloma, warts, skin tags, plantar warts, cutaneous horns, etc.

Nevitol is selective in the tissue it destroys. It will eliminate abnormal tissues, leaving intact the normal underlying and surrounding layers of skin. Normally the area will heal with no scar. Generally, a tiny amount (less than 1/10 of a drop) is placed on the skin lesion. A light burning sensation will take place for a few minutes. The next day the lesion will turn gray, then black. After a week or two, the black lesion will fall off and the area will be pink. After complete healing there is no sign of the lesion or a scar.

Nevitol acts as an instant coagulator, with selective action only on abnormal skin cells. The coagulation blocks off the blood and lymph supply to the abnormal cells, causing them to dry out and die.

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## MAILBOX



Dateline April 22, 1998      Sandi Heffner      Arizona

Dear Marina,

This is a letter I have sent to several other people who asked for a copy of the diet I am feeding my Maltese girls. I thought some of your readers might also be interested. The ingredients came from a combination of your suggestions, plus those I found in recipes in a book by Juliette de Bairacli Levy.

\*\*\*\*\*

This is what I am feeding with great success and a tremendous difference in my dogs' digestion, appetite, and stool. I always thought the people who cooked for their dogs were doing unnecessary work, but decided to try the following, at the suggestion of a well known and recommended nutritionist. I am thrilled with the results. (Patty was previously on Nutro Max and Angel was on W/D). Angel never had an appetite at all and she suffered with bouts of colitis almost once a week (which went into hemorrhaging about once a month).

Now she eats, she makes, and she has gone from 4 Lb. 6 Oz. to 5 Lb. 4 Oz., in the 11 weeks that she has been on the recipe plus nutritional supplements. We are amazed in the difference in her energy level, her coat is growing faster, and she also sleeps through the night now (instead of having to make a BM in the middle of the night!) What a change in a 3 1/2 year old girl !!! Don't forget that the girls are also taking a great deal of nutritional supplements that I am getting, along with advice, from Marina Zacharias. She has literally saved their lives.

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Note: I use a 6 cup food processor that I got at WalMart to do the fine cutting that I desire for my dogs. It is important to note that the more exposed surfaces on the vegetables, the more nutrition that the intestine will get to absorb.

Use as many of the suggested vegetables as you can find, they each have different nutritional values for your dogs. Other vegetables are okay to add also, but never give a dog onion (it is toxic for dogs).

My dogs' digestion has improved 100% since I have begun cooking this recipe for them. They have more energy and digest the food more completely on this "live" diet than ever before. I feel it is worth the effort to see them healthy, after so many years of horrible digestive disorders.

### Dog Food-Special Recipe

#### **The day before making the recipe:**

**5 Pounds Ground Turkey**--brown in skillet sprayed with Pam, just until pink color is gone (no oil added). Then frigate to cool.

#### **The next day:**

**1 Bag Pearled Barley**--it comes in a 1.75 lb. Bag, at the health food store

#### **Vegetables:**

3 lb. Regular white potatoes and 3 lb. Yams (or sweet potatoes)

Plus:

6 Carrots, 6 Zucchini, 1 head Broccoli, 1/2 head Cauliflower, 1 bag frozen Brussels Sprouts, 6 Yellow Squash, 1/2 Banana Squash, 6 Turnips, 6 Parsnips (not too big/tough), 4 Celery stalks, 1/2 lb. Green beans, 6 spears Asparagus, and "greens" (I use 1/2 package of Parsley, 1/2 package of Cilantro, plus a little Watercress and Dandelion if available).

\*\*\*\*\*

Divide the Pearled Barley into 2 LARGE pots, and add about 4 cups of water to each. Do not start cooking the barley until you are actually cutting the vegetables up, as it will scorch to the bottom of the pot if left too long. (Be sure to stir it frequently as time goes by.) Cover pots, and bring barley to a boil, then drop to a very low burner setting--keep stirring often!!! Keep lids on pots.

Scrub and cut up all the vegetables into chunks, then run through a food processor--divide evenly into 2 large bowls. (I cut just the carrots, process, then divide them into the bowls, then I cut just the zucchini, process, then divide them into the bowls, and so on until all the vegetables have been finely grated EXCEPT the potatoes.)

After all the vegetables have been divided up into the bowls, then scrub the white potatoes, cut them up, process (but not too long or they become mush). They do not have to be peeled, but the yams do! Then dump the potatoes directly into the pots, cover tightly. Repeat this process with the yams, but you must peel the yams before cutting them up and processing them. Dump yams directly into the pots also. Stir pots well, and let sit for 5 minutes before adding the rest of the previously prepared vegetables to the pots. Stir well, cover tightly and let sit for 10 minutes. Crumble turkey in processor and add to pots. Then remove pots from stovetop to cool.

When the pots are cool to the touch, fill quart-sized freezer Ziplock bags each about 2/3 full, seal, and place in your freezer. The above recipe will yield about 20 bags of food, **which lasts my two Maltese for 30 days.** This recipe is not easy to make, **but you only have to cook it 12 times a year** if you figure out the amount you will need to last your own dog(s) for a whole month!!

I wish you luck and the strength to keep your little ones going through the rough times---and I wish you the joy of their glowing health in the future!!!

Thanks Sandi for sharing the recipe with us. I have often said that there is no one right way to feed our dogs. For some the idea of only preparing the food once a month should have great appeal. This should be especially true for those still feeding kibble because they work all week and don't "have time" to prepare meals each day. Sorry Charley, that's another excuse down the drain. Sandi's method shows that where there is a will there is a way!

Dateline June 1998

PA

Dear Marina,

I wanted to give you an update on (dogs' name) and to thank you for all your help. He will be celebrating his 2<sup>nd</sup> birthday on June 13 and I can't stop grinning from ear to ear.

As you probably remember, according to the army of vets I saw, he was supposed to be dead six months ago. Well thanks to you, my little guy is doing great.

After six months of following your recommendations, (dogs' name) just blew the minds of all the vets who were treating him. His latest bloodwork showed NORMAL liver enzymes, no anemia, and only minor deficiencies in some areas. (According to the vet, even healthy dogs have minor vitamin and mineral deficiencies!!!)

He's thriving on his holistic diet and has even gained weight...something that dogs with cirrhosis of the liver can't do. Our primary vet wants me to take him back for a new ultrasound as he thinks that the liver might actually be regenerating itself!!!

To say that I am grateful to you for all this sounds pretty inadequate...every bone in my body says "thank you"! My (dogs' name) couldn't have a better friend than you.

Bless you for all the time and help you gave us!

This was a young dog that was finally diagnosed with a liver problem after extensive (and expensive) veterinary specialists' work. The prognosis was not good (maximum of six months to live) and little could be done. To add to the picture, a littermate had been put down for the same thing! The liver problem was exacerbated by a GI tract problem that created a nutritional absorption deficiency.

The combination of homeopathics, enzymes, glandulars, vitamins, etc. used in this case was extensive but the results are self-evident.

It always tickles me when we can "astound" the orthodox veterinary community by turning around the "hopeless" case.

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## THE EMPIRE STRIKES AGAIN

They're at it again and this time the target is YOU AND YOUR ANIMALS!! Two years ago I issued the warning that the self appointed "Quackbusters" of the empire would sooner or later turn their attention to the field of Veterinary medicine (see Volume 2 No. 1 "The Empire Strikes Back").

The "Dark Force" has turned loose an internet message from the recently formed "Task Force on Veterinary Pseudoscience" with a plea for signatures to be attached to a letter to the American Veterinary Medical Association.

The so-called task force is directly associated with the "National Council for Reliable Health Information" (NCRHI)-formerly know as the "National Council Against Health Fraud". They can change their name but it's still the same old "Storm Troopers" like Dr. Victor Herbert and his cronies. Last year in one of his ranting speeches against vitamins etc. he vowed that the Veterinary community would be the next group on his hit list. Looks like he found a mouthpiece by the name of Robert Imrie, DVM to act as a coordinator and front man for this effort.

The full message is much too long to cover here but I'll give you a few excerpts to get the gist of what it's all about. It's dated June 4, 1998 with the Subject heading "Confronting Veterinary Pseudoscience". Quote:

- The following message deals with two separate issues: our letter confronting the American Veterinary Medical Association on its 1996 "Guidelines for Alternative and Complementary Veterinary Medicine," and the invitation we've extended to veterinarians, science advocates, consumer advocates and animal welfare advocates to join our embryonic NCRHI Task Force on Veterinary Pseudoscience.
- The Veterinarian's Oath, adopted by the AVMA in 1969, obliges all veterinarians to use their "scientific knowledge and skills for the benefit of society through...the advancement of medical knowledge." Surely this provision obliges all ethical practitioners to speak out against such practices as administering "homeopathic" water to patients in the guise of "medicine". Or selling the same to clients, without prior scientific evidence of efficacy and safety. Similar concern is warranted regarding the imaginary "subluxations" of veterinary chiropractic and other "alternative" (i.e. unproven and/or irrational) therapies promoted or offered de facto support by the "Guidelines".
- We need all the help we can get. We urge those who share our concerns to add their names to both our AVMA letter, and to our membership roster.
- Members...object to the "Guidelines" on several grounds. As consumer advocates, we believe the AVMA, by adopting them, has committed a "breach of contract" with the public interest. We believe they've also committed a breach of ethics by promoting the general employment of alleged therapies without compelling evidence of either efficacy or safety. As advocates of science-and evidence-based medicine, we have further grounds for objection.

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- A number of Task Force veterinarians will be "endorsing" the letter prior to submission. (...Unfortunately, it won't be a particularly large number. The Task Force was only formed six months ago, and we don't yet have many members.)
- If these issues disturb you as they do me, I hope you'll consider both joining the NCRHI Task Force on Veterinary Pseudoscience and "endorsing" our letter to the AVMA challenging the Alt. Med. Guidelines. Also, I see no reason why other interested health professionals, consumer advocates, science advocates, and animal lovers shouldn't add their "endorsements" to our AVMA letter. Membership in the NCRHI or the Task Force are not a requirement for "signing on".

End Quote.

The minions of the "Dark Force" claim:

1. That the AVMA is in 'breach of contract' with constituent veterinarians by misrepresenting the evidence in favor of these therapies.
2. That the evidence in existence for acupuncture, homeopathy and chiropractic is negative, and **that they in fact cannot work.**
3. That the veterinarians who practice these therapies **are committing fraud** and that they should be considered unethical by endangering animals and the public.

Sound familiar? It should. These are exactly the same tactics used in a vain attempt to discredit and attack any human doctor utilizing holistic methods in their practice. It hasn't been working in that field so they are trying to get a foothold and establish a base in the animal world. I guess they think that pet owners are stupid and more likely to "roll over" and play dead when it comes to freedom of choice in veterinary care. The "Dark Side" promises to force the AVMA to deny that these therapies work, and to deny that the veterinarians using them are practicing good medicine!

Fortunately the "Light Side" is mounting a counter campaign! "Rebel" forces have been growing in leaps and bounds in the last few years and **NOW IS THE TIME TO ACT!**

Dr. Jan Bergeron has written a letter of support of the AVMA's Guidelines and needs **YOUR HELP** to sign on as a "freedom fighter" for continued access to holistic veterinarian health care! If you are on the net please point your browser to: <http://www.altvetmed.com/Special Page.html>

If you don't have access to the World Wide Web, please send your very brief note of support of the Guidelines to:  
Susan G. Wynn, DVM  
Greater Atlanta Veterinary Medical Group  
1080 North Cobb Parkway  
Marietta, GA 30062

Even though we've made progress, we're still the underdogs. We need literally thousands of signatures for support. Pass the good word to all "Jedi Knights" and followers of the "Yoda" freedom force.

'Til next time, take care out there!